

HATS QUAIN AND BABYISH

MUSHROOM SHAPES COVER THE HEADS OF SMALL GIRLS.

Pretty Headgear for Children—White Felt Flower Trimmed for the Very Young—Little Bonnets Also for the Wee Girls—Less Variety for Boys.

The summer hats and bonnets for baby girls were charming. The winter models are even more charming, and a large percentage of their charm is due to the fact that with all their fanciful quaintness they are essentially babyish, a thing that could not be said of the huge fussy bonnets in vogue a few seasons ago.

The baby hat of the moment, and by "baby" we mean small girls up to the age of 6, though the six-year-old would undoubtedly find the classification insulting, is the bowl crown, mushroom shape, in fine soft felt or beaver, the latter being reserved for the older "babies." The felt hat may be bought in most diminutive sizes as well as in larger sizes, and varies

they are nearly always turned down and frame a child face charmingly.

There are innumerable little bonnets for the wee girls, many of them adorably quaint and picturesque, but few really bizarre. Almost all of the models are small, and a majority are generally becoming. Our artist has made sketches of a number of these bonnets, selected from a host because of certain individual features worthy of note.

The materials are soft felt and mousseline, fur and mousseline, velvet and mousseline, silk and lace, fur and ribbon. One delightful little model has a close fitting crown of ermine, with shirring of white silk mousseline around the face. Another has a crown of the Normandy order in blue velvet, with bands of fur around the face and the neck, and soft satin ribbon for trimming.

A particularly attractive little bonnet is in white corded silk, this silk falling in a curtainlike fringe from a round flat little crown top. Frills of mousseline froth around the face and little clusters of flowers nestle in this fluffiness just over the ears where the ties start.

Of course there is a close fitting cap

BEAUTY'S MOST TRYING TIME

YET GOOD LOOKS MAY BE KEPT THOUGH ONE SHOPS.

Less Shoes Prevent Wrinkles—Turkish Vells Help the Skin—Emmanuel Movement for Tired Women—The English Beauty Cup—To Avoid Holiday Trials.

"This I know," said a woman hygienist, "that the war and tear of the holiday season drives thousands of women into an untimely beauty decline. They don't really become ill, but they lose their good looks, which is almost as distressing as illness."

"The holiday shopping season does more than all the other trying experiences of the year combined to deprive a woman of her attractive appearance. The stress and strain robs her of her youth and gives her lines and wrinkles where before she was all beauty and symmetry. It is partly her own fault and partly her own ignorance."

"In my professional position I am kept

quieter. It is almost as good as a pleasant first nature."

"I teach my patients something of the Emmanuel movement as applied to beauty. Think you are good looking; smile as though you knew you were good to look at; say pleasant things whether you feel pleasant or not and you will be rewarded by good looks."

"Here are some of the words I give my patients by way of nerve treatment. They are to repeat them when dreadfully tired with shopping or work."

"I am not tired! I am not nervous! I am not cross! I am rested! I am contented! I am happy!"

"Then must follow these words spoken slowly with a long, deep breath between: 'Contentment! Tranquility! Equanimity!'"

"These are to be said again and again, with deep breathing and fresh air as an accompaniment. Inside of ten minutes the mind begins to grasp the meaning of the words. It is mind treatment. The cure is certain."

"Physically, also, I have some instructions for the overtired person. I refer to the woman who has sickness in the family, whose shopping is heavy, whose household duties are arduous and whose cook has left without warning. This

woman has nerves which are worn to a frazzle. Her face is a mass of tired wrinkles and she looks older than she ought to look. For this woman there are these hints:

"Wear silk stockings if you can afford them. In lieu of silk these may be thin cotton stockings or hosiery if laid over the middle of the day or change from the left foot to the right, to bring the pressure at different spots upon the feet."

"Never wear the same pair of shoes a whole day, and the same with the corset. Snatch time to change at noon."

"Dress your hair differently each day; one day high, the next day a little lower. This is to bring the pressure upon new nerves each day and to give the tired nerves a chance to recover."

"Keep your neck loose. Better to lace the waist closely than to pinch the neck. Loosen your belt, loosen your collar band and you will look brighter."

"Nothing makes the eyes shine more quickly than a loose neckband. That is the reason why so many women look prettier in a low throated gown. It is because the dull expression disappears from the eye as soon as the strain upon the throat has been removed."

"Carry your head up and well back; and whenever you get a chance rest it against the chair cushion. A tall backed, wide armed chair of comfortable height will do wonders toward preserving a woman's looks. If she can drop into it for five minutes it will do her as much good, opening from a wrinkle standpoint, as ten minutes of massage, particularly if she can close her eyes while she is resting."

"A great deal is said against the big hats, but they are the best complexion preservers known. A big hat tipped to windward protects the skin and keeps the dust from getting into the eyes. It is as good as a parasol."

"The face wash is most necessary, no matter how much preventive care a woman takes of her complexion. It should be warm and soft and it should be put on as soon as a woman comes into the house."

"A cup of warm sour milk, while not the most agreeable thing in the world, will cleanse a tired, dusty skin in the most grateful manner. Of course there are good face creams and skin foods more pleasant than sour milk."

"A perfumed oatmeal water is good, and this any woman can make at home. It needs only a bowl of boiling water and a tablespoon of powdered oatmeal. Let the oatmeal steep and strain through a bit of linen cloth, after which with a drop of perfume the water is ready. It will have a whitish appearance and it is known in our establishment by the name of milk of oatmeal. We charge a fine round sum for it when made fresh for a patient, and fresh each day it must be, for it has a way of souring."

"I advise those who consult me upon the tired complexion to indulge in what is called the English beauty cup. Mr. Gladstone took it each night of his life, as long as he had health, and it is the cup which keeps many an English beauty going. It is simply tea, but tea made without the nerve destroying attributes. If properly made it invites sleep."

"You take half a small coffee spoon of tea and you scatter it in the bottom of a very large cup. The German coffee cups are best for this purpose. Over this you pour as much boiling, bubbling water as the cup will hold."

"The saucer is placed on top of the cup. In Chinese fashion. Now comes the wadded tea coozy, which must be thrown over all. It is an oddly shaped coozy, made to cover cup and saucer. It stands for five minutes to steep."

"Now comes the scientific part of the cup: You take three very thin slices of lemon and you lay them in a big hot cup. On top of the slices of lemon you place a big marshmallow, and then on top of all you pour in the tea, putting it through a strainer."

"The result will be a fine, weak, hot but healthful cup of tea with just the right flavor of lemon. You can have sugar if you want it and Gladstone's rule of three big lumps will do you no harm, for sugar is a great builder up of the muscles."

"By the way, if you are fagged out day or night try eating a little sugar. A lump of sugar will restore the stomach and take away that tired feeling. Sugar is recommended to women whose cheeks are hollow. It has a way of building up tissue."

"A big cup of tea at night is excellent, but the trouble is that most persons make it too strong; the weaker the better. The same is true of coffee, which if taken weak enough and with plenty of good sugar acts as a nightcap. Not one person in a thousand can make it right."

"In Paris the French beauty takes her foaming cup of whipped chocolate after the theatre with a biscuit, or she slips her coat on a hat, which is mostly milk."

"The woman who wears a veil holiday time or any other time is sensible. True, there are veils that support the doublet; but there is no reason why a woman should wear such a veil. She can get one of mesh so arranged that there are no spots upon her sight. If she is clever she will wear a veil in automobile fashion so that it protects her ears, the sides of her head, cheeks, neck and chin without interfering with her vision."

"The Turkish women have the loveliest of skins. The complexion of the Turkish woman is fine, soft, clear and free of blemish of any sort. She attributes it to the long wearing of the veil. The veil does much for any woman; a brown veil keeps her from getting sunburned in summer and a pink veil preserves even the most delicate skin from wind, sun and dust."



BABY BONNETS OF FELT AND SILK TRIMMED WITH FRILLS, FLOWERS, LACE, RIBBON AND FUR.

in trimming, though even at its dressiest it preserves a delightful simplicity.

In fine white felt for the very small girl it is likely to have a little quilling of white satin or velvet ribbon running around the crown, with a knot of some sort at the left side, or perhaps a little cluster of flowers is used in place of the knot. The flowers must of course be of the most babyish sort, a small bunch of forget-me-nots or of wee pink and white rosebuds being first favorites.

On hats a trifle larger the flowers are more varied, small, full blown roses, wild roses, snow drops and other dainty blossoms being called into play. A pretty child out for an airing with her nurse in the park the other day wore a white cloth coat with little straight collar of all white ermine and a mushroom hat of soft white felt, around which ran a quilling of pale blue velvet ribbon, holding loosely at the side two small pale pink roses. The flowers seemed merely to have their stems thrust through the quilling and one of the roses drooped low on the brim.

Loops of ribbon closely impressed around the crown so as to give the impression of a sort of ruche or quilling furnish another form of trimming for the little mushroom shape. Occasionally one sees a band of fur, ermine or beaver by preference around the crown, with a tiny head finishing the band at the side; but somehow or other the suggestion of the slaughtered beast does not fit in harmoniously with the baby face below, and if fur is used the head must be omitted.

A plain band of plush or velvet may be the only trimming of the mushroom shape, and indeed a severe band trimming with short fluttering ends is the prevailing trimming for the beaver mushroom, which belongs to the older babies and is a great favorite in red, blue and brown.

They bright red felt hats trimmed after some one of the fashions just described are practical and attractive for babies past the all white age, and accompanied by red coats to match are cheerful things in a winter landscape, dashes of gay, warm color for which the ordinary passerby is grateful.

Many of the mushroom hats may be turned up the brim be converted into roll brim sailors of familiar aspect, but

under the loose silk frill, and this frill is so tucked that it falls closely, following the shape of the wearer's head, save that it does not curve into the neck and the bottom across the back and sides.

A larger bonnet for an older little girl shows another frill or curtain effect, but one of a more familiar type, recalling some of the Charlotte Corday models made for grownups. The material is pink silk, the very soft corded silk of high lustre, and the crown is slightly high and quite full. A frill of fine creamy lace, narrowest in front and deepening considerably toward the back, is joined to the crown under a wreath of tiny pink roses, and there is a little frill of white mousseline next the face, hiding the band, and a narrow arrangement which holds the bonnet high enough so that the frill will not fall too low over the forehead.

This model is pretty and French, but it has the babyish charm of the closed bonnets, many of which are made in fine, flexible white felt, draped into original shapes. Corded silk too is often used for these close fitting shapes, and if there is a little brim in front white chiffon or mousseline is usually shirred inside it, and tiny rosebuds are tucked in among the white folds next the face.

For coats to wear with the dainty bonnets and hats, broadcloth, velvet, corded silk, heavy serge and the various soft rough coat materials are all in use and the shapes are usually rather plain, though braiding, heavy lace or fur may make the coat distinctly elaborate.

Pastel pink and blue broadcloths with no trimmings save stitching, buttons and tiny fur collars are extremely smart, and there are attractive little coats on Russian lines of black velvet with narrow straight collars of ermine and white belts. For play coats red and brown are especially popular and dark blue is always a favorite.

For small boys the variety in headgear is limited. Man, from the cradle to the grave, must needs curb his love for splendor of raiment, though adults often let off considerable steam in hosiery, ties and waistcoats.

Little boys as well as little girls wear mushroom brimmed hats, though the crown of the boy's hat is likely to be flat topped rather than bowl shaped. The boy retains the roll brim sailor too and the other side of the head is pictured as a little turban, fur trimmed; hussar caps with felt crowns, Persian lamb brim, and stiff brush or round turbans with fur brim and a flat belt top, which has a tuft of fur in the middle.

busy advising women how to become good looking, but at this time of year I am called on to give advice and treatment to women who are breaking down. 'Too much shopping,' they say, but I say it is too much tension."

"I advise women who want to get through the holidays without adding a single wrinkle to the countenance to indulge in a pair of loose shoes. They should be a little wider than the foot, the length should be two sizes more than the ordinary length which the foot requires and they should be heavy of sole and soft of leather."

"Such shoes allow for the swelling of the foot during a shopping tour and with easy feet the forehead remains smooth and young. If the shoes pinch there will be vertical lines between the eyes."

"I tell my patients that they can avoid getting nervous by the English method of taking a nap before luncheon and another nap before dinner. True, when a woman must shop for all the family and provide good cheer for anywhere from six to sixteen people it may be difficult to snatch two naps a day, but it is worth while to try."

"I advise my patients also to take a course in the smiling class. In one of the Western colleges there has been established a class in smiling. The students are taught for ten minutes each day a little of the art of looking pleasant. True, a woman may smile and be a villain still, but she will be a prettier villain than though she were to frown."

"Think smiling thoughts and you will smile outwardly. Place your features in smiling position, then note your expression in the glass and strive to keep your face in smiling shape. This doesn't mean to preserve a grin, but merely to keep the face in smiling trim. In a little while a pleasant expression will become second nature to you, and a pleasant second nature acts as a great nerve-

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